

Flu...Bird Flu...Flu Pandemic

What does it all mean?

What is it ?

How is it spread?

Dangers?

Treatment?

Vaccine?

Protect yourself?

S E A S O N A L F L U	B I R D F L U	P A N D E M I C F L U
Human influenza (flu): <ul style="list-style-type: none"> More severe than the common “cold” Periodic outbreaks are caused by flu viruses that circulate among people. 	Bird flu, or avian influenza: <ul style="list-style-type: none"> Viruses affect wild birds and typically do NOT infect humans. Current outbreak of bird flu that began in Southeast Asia is caused by avian influenza A (H5N1). Millions of birds have died and some humans have developed disease). 	A pandemic is an outbreak that occurs worldwide and affects many people. Pandemics: <ul style="list-style-type: none"> Caused by new types of flu viruses (typically an animal virus such as bird flu). Can cause severe disease in humans. Are transmitted from person-to-person.
<ul style="list-style-type: none"> Person-to-person through coughing or sneezing. By touching surfaces contaminated with flu germs and then touching your eyes, mouth, or nose. 	<ul style="list-style-type: none"> Migratory birds like ducks can carry the H5N1 flu virus and often do not have symptoms. Humans catch the disease through close contact with infected birds or their surroundings. In rare cases the disease has passed from person-to-person. 	<ul style="list-style-type: none"> Person-to-person through coughing or sneezing. By touching surfaces contaminated with flu germs and then touching your eyes, mouth, or nose.
<ul style="list-style-type: none"> Most people who develop significant illness recover within 7 to 10 days. Some people may take longer to recover. 	<ul style="list-style-type: none"> About 50% of people infected with bird flu have developed serious illness and died. 	<ul style="list-style-type: none"> Experts predict as many as 25% of people worldwide could become ill. Experts think about 1-5% of those who develop disease would die. Predicting exactly who would be at the greatest risk is difficult.
<ul style="list-style-type: none"> Most people recover without medication. Antiviral drugs (used for vulnerable individuals) must be started within 48 hours of onset of symptoms. 	<ul style="list-style-type: none"> Antiviral drugs may improve the outcome or shorten the illness if taken early. Information on the usefulness of these drugs is very limited at this time. 	<ul style="list-style-type: none"> The effectiveness of antiviral drugs is not known at this time.
<ul style="list-style-type: none"> Seasonal flu vaccination is available through your healthcare provider. 	<ul style="list-style-type: none"> No human vaccine is currently available for H5N1 bird flu. Several companies are developing and testing such a vaccine. 	<ul style="list-style-type: none"> Annual flu vaccine will not protect against pandemic flu. A targeted vaccine can only be developed once a pandemic starts and the virus is identified. May take 4-6 months to produce.
<ul style="list-style-type: none"> Get an annual flu vaccine. If appropriate, get the pneumococcal (“pneumonia”) vaccine. Cover your mouth and nose when you cough. (Use a tissue and throw it away when finished). Wash your hands often, using soap and warm water or an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth. Avoid close contact with those that are sick. 	<ul style="list-style-type: none"> Avoid contact with sick or dying birds in affected countries. Cover your mouth and nose when you cough. (Use a tissue and throw it away when finished.) Wash your hands often, using soap and warm water or an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth. Avoid close contact with those that are sick . 	<ul style="list-style-type: none"> Cover your mouth and nose when you cough. (Use a tissue and throw it away when finished.) Wash your hands often, using soap and water or an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth. Avoid close contact with those that are sick. Clean surfaces that are touched often such as phones, computer keyboards, water faucets, and door and refrigerator handles. If appropriate, get the pneumococcal (“pneumonia”) vaccine.



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